SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 04th April 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 04 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 08 **No Reps in Dulwich Park**

Tue 10 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST- This Wednesday

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

In your *SHORTS* this week !

2 Fixture List
4 Relays
5… Race reports & results
5 Dulwich world Champ !
6 Paddock Wood round-up
9 Marathon day dreamer Pt 3
12 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 12 Assembly league , Beckenham
Apr 22 London Marathon
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Cameron Timmis** and **Anna Thomas** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Sam Oyeyinka	04/04
Mick Ward	11/04
Steve Wehrle	18/04
Kevin Wood	25/04
Clare Wyngard	02/05

Wednesday Running Maps

On page 12 in SHORTS you will find a copy of the map for this weeks runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event		Venue
Apr	Thu	12	Beckenham Assembly League		Beckenham start 7:15
	Sun	22	Marathon	L	London or alternative
May	Thu	3	Blackheath Assembly League		Blackheath start 7:00
	Sun	6	1066 Relay		
		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Mile End start 7:00
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:00
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:00
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country. These are:

20 October, Lightwater
10 November, Roundshaw Down
12 January, Cranford
9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. - Mike

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. - ***Mike Mann***

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

ASSEMBLY LEAGUE 2012

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7:00 or 7.15pm.

There are usually two races at each of three venues, Beckenham, Victoria Park in Hackney and the O2 in North Greenwich, but there are likely to be some changes this year as a result of the Olympics.

Note that with Easter falling in the first week of April, the first race at Beckenham has been delayed until 12 April.

Update

We have now been informed that the subsequent fixtures will be held on the first Thursday of each of the spring/summer months: 3 May, 7 June, 5 July, 2 August and 6 September.

See fixture list for details. - ***Mike***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! - **Ros**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

"**Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details. - *Charlie Lound* *chas.lound@btinternet.com***

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

1066 RELAY, 6 MAY

A list of the composition of the 6 teams entered for the 1066 Relay, together with provisional leg allocations is included below. If anyone who has requested to take part is missing from the list or if anyone else would like to take part, please let me know as soon as possible.

Also if any of you have to withdraw as a result of injuries, please inform the Relayers Team as soon as you know. If numbers change, it is possible that there could be some doubling up with runners competing for 2 teams (allowable under the rules), as well as some reallocation of legs. A request for volunteers willing to run 2 legs, if necessary, has already been sent to those competing. *The Relayers Team*

PROVISIONAL TEAMS AND STAGE ALLOCATION

Team 1 (SW)		Team 2 (SM1)		Team 3 (MV1)	
Alexie Shaw	2	Mike Williams	4	Gary Sullivan	1 or 5
Emma Ibell	4	James Godber	1 or 5	Mike Mann	1 or 5
Sue Cooper	3	Wayne Lashley	2	Chris Loizou	2
Mel Edwards	1 or 5	David Beaver	1 or 5	Steve Williams	4
Kim Hainsworth	1 or 5	John Fletcher	3	Russell Daker	3
Team 4 (FV)		**Team 5 (SM2)**		**Team 6 (MV2) from**	
Angie Norris	2	Jozef Danko	1 or 5	Andy Murray	2
Louisa Prichard	1 or 5	Jose Barretta	2	Ian Sesnan	1 or 5
Claire Tinker	4	Ebe Prill	4	Colin Frith	1 or 5
Stephanie Burchill	3	Martin Morley	1 or 5	Ameet Patel	1 or 5
Jo Shelton	1 or 5	Alastair Young	3	Joe Brady	4
				Lloyd Cater	3

Stages

1- Pevensey to Herstmonceux 6.42m

2 - Herstmonceux to Battle Abbey 11.1m

3 - Battle Abbey to Kent Street 3.0m

4 - Kent Street to Icklesham 7.05m

5 - Icklesham to Rye 5.5m

GREEN BELT RELAY, 19-20 MAY

Members of the two teams entered for this year's Green Belt Relay, together with reserves, have now been selected and notified. In selecting teams we have sought to achieve a balance between those who have supported the event over the years and newcomers to the relay or club.

There are a small number of reserves for the mixed vets team and rather more for the seniors team, and we have asked reserves to keep the weekend free, if at all possible, as past experience indicates that we will need to draw on some of them. If anyone else, who has not put their name forward and is willing to stand as a reserve, particularly for the mixed vets team (age 40+), please contact one of us in the Relayers Team.

The British Masters Relays are at Sutton Coldfield on Saturday May 12

In the past we have won both the W35 and W55 events and come in the top 10 in both M35 and M50 races.

Potentially leading runners are

W35: Andrea Pickup, Emily Gelder, Nicola Richmond, Emma Ibell, Angela Oritsejafor, Claire Tinker etc, plus W45s?

W45-54 (3): Clare Elms, Ola Balme, Angie Norris, Clare Wyngard, plus W55+?

W55+ (3) Ros Tabor, Claire Steward, Stephanie Burchill

M35 (8) Tom Marshall, Buzz Shephard, Matt Galvin, Mike Williams, Charles Lound, Jose Barretta, Paul Shackleton etc - plus M45s/M55s

M45 (6) Tony Tuohy, Dave Beaver, Chris Loizou, Duncan Hussey, Steve Smythe, James Godkin, Mark Foster, Duncan Wilson, Eberhard Prill, Mike Fulliove, Gary Sullivan etc plus M55s

M55 (4) Nick Brown, Adrian Greer, Steve Williams, Steve Smythe2, Andy Murray, Mike Mann, Neville Webb, Hugh Balfour, Ian Sesnan etc

Captains and coaches will be checking availability of leading runners.

Dulwich has six men and six women's free entries for the **BUPA London 10km on Sunday May 27** which will be the fastest and best quality 10km in Britain this year.

The fastest 6 men and women available will run for the club based on current form at time of entry closure.

Provisionally the men's 6 (Charles Lound and Ben Fairhall unavailable)will be

1 Tony Tuohy; 2 Mike Williams; 3 Tom Marshall; 4 Dave Beaver; 5 Ed Hill 6 Wayne Lashley

The Women's 6 (Catherine Lee not available) would be 1 Clare Elms; 2 Charlie Wood; 3 Ola Balme; 4 Alexie Shaw; 5 Emily Gelder plus 1 other

British Masters Relays

NB Dulwich are making every effort to get strong teams out for the British Masters Relays.

While there are plenty of other events around that time including relays, which may well be more fun to do, but it is not essential that our faster age-group runners do them. In some cases we could be missing out on medals in National events where we have limited resources because certain people in the club have prioritised races which almost any other club with any sort of perspective and direction and sense of priority wouldn't. This will ultimately lead to other people leaving the club

TRACK MEETING, 14 APRIL

For those wanting to try their hand at an early season track race, there is an opportunity at the first Herne Hill open meeting of the season at Tooting Track on the afternoon of Saturday 14 April. Races on offer include an 800m and 3000m. There are also open meetings being held by Crawley AC on 8 and 22 April. ***Mike***

50 best-ever domestic Dulwich women

Will Cockerell, editor of 50 Great Marathon races, one of the great running books, recently published his top 50 women great club servants of the last 25 years in Athletics Weekly. He gathered votes by various means and did research.

Dulwich's very own Clare Elms came 13th - nb Paula Radcliffe was 28th and just ahead was Liz Yelling in 11th.

Will wrote, "For running fans, her Power of Ten profile is one of the internet's great pages. A throwback to Ron Hill who raced around 85 times in 1964, she has raced 1.27 times per week for the last five years with 247 wins!,"

Race Reports & Results

5km Results for April 1st

The Parkrun organisers encourage the wearing of club vests.
So if you have one please wear it and help promote the club.
Vests and other club kit can be obtained by contacting Ros
ros@28kerfield.freeserve.co.uk

Nonsuch

Tony missed out on winning by 5 seconds but set a new course PB and was just 6 seconds from an outright parkrun PB.
2 Tony Tuohy 17:06 (PB)
185 ran

Brockwell

Claire and Anna warmed up for Paddock Wood.

47 Claire Steward	6W	22:57
53 Anna Thomas	11W	23:48
68 Jessica Sale	16W	25:25

112 ran

Crystal Palace

Only 2 of the six went on to run Paddock Wood. Will and Clare continued their high placings.

3 Will Davi		18:47
12 Jozef Danko		21:46
15 Bob Bell		22:25
18 Clare Wyngard	2W	23:05
20 Mike Dodds		23:17
27 David Harbage		24:28

82 ran

Riddlesdown

Ange Norris continued her top form to equal her best and win again.
8 Ange Norris 1W 20:21 (equals PB)
64 ran

Greenwich

Not fit enough to defend her title at Paddock Wood, Clare easily won her 38th consecutive parkrun on a course that has been lengthened from normal and

ROS IS WORLD CHAMPION

World Masters Championships, Jvaskala, April 3

Against mostly Finnish opposition, Ros won a world title in the snow but conserved energy for the upcoming track races winning gold by 52 seconds but five minutes slower than Andy's time.
W60: 1 Ros Tabor 39:46
http://www.fidalservizi.it/wma_2012/Gara618.htm
Andy Murray ran well to be leading Briton in M55 race
M55: Andy Murray 14th 34:52

Braintree 5, April 1

Finishing 13th and first M50, David Beaver easily bettered Mike Mann's long standing Club M50 record with a time of 28:22
13 David Beaver 28:22 (Dulwich M50 rec

Croydon Half 01/04

Jo Quantrill 1.44.39 1st V55

Reading Half Marathon, April 1

2375 Angela Oritsejafor 1:44:58 (1:41:00)

Serpentine 5k, March 30

55 Paul Devine 19:28

Hercules Wimbledon Young Athletes Open Meeting Sun 1st April

U13 Boys 1500m
Duncan hussey writes...The curtain raiser to the outdoor track season it would seem, this is a well organised and well attended track meeting designed to blow away the cobwebs and at the same time, familiarise athletes with their new age categories.

It was thrilling to see so many talented young athletes from afar away as Windsor, Southampton and Ramsgate. It was great also to see Crystal Palace being used as it should be and took me back to Kent champs from yesteryear.

Not expecting too much after being injured and having had a tough Judo competition the evening before, Oscar was surprised to beat his PB by 12 seconds. Maybe that's where I'm going wrong in my preparation....
7th Oscar Hussey 5:16
15 ran

Paddock Wood Half Marathon, April 1

There were almost perfect conditions and lots of PBs with the Dulwich women excelling especially which saw us win second and third team prizes. Ola Balme was first W45 and Claire Steward was first W55 plus in race. Sadly a new chip system didn't work totally and a number of runners times were still not on the results as per Wednesday morning so full points details next week. Mike Mann won the Dulwich championships with Claire Steward and Steve Williams close behind and possibly Charlie Lound too.

23 Charlie Lound 75:50
(Narrowly inside Fleet PB of 2010 though was missed off official results and lost out on prize as third Vet as proved he is back to best ever form. Ran 77:55 here last year)
33 Tom Marshall 78:05 (78:04)
(Not at full fitness, 78:08, 77:07, 76:12 last 3 years)
38 Wayne Lashley 78:43 (78:41) (PB)
(First sub-80 run after best ever winter's training)
65 James Godber 81:50 (81:48)
(Still short of best form after fast start, 82:37 last year, 76:31 in 2004)
73 Steve Williams 82:26 (82:21) (1M55)
(Very strong run- best of any distance since last year's 81:55, 82:11 in 2009)
5W/77 Alexie Shaw 82:54 (82:48) (PB)
(Best ever race as smashed PB with strong encouraging run after injury problems. 85:10 in 2011, 93:34 in 2007)
82 Steve Smythe 83:24 (83:19)
(Not 100% but slightly up on last year- 83:44 in 2011, 79:19 in 2010)
109 Chris Broadbent 84:56 (84:19) (PB)
(Breakthrough run in first club championships event with very strong second half.)
111 Rupert Nash 85:08 (85:00) (PB?)
(Faster than his Great Scottish run of last year so possible PB in first club champs of partner of our new fast runner Shona)
136 Mike Mann 86:40 (86:32 (2nd M60)
(Another solid run up on 2011 (86:51) after 84:52 in 2010 and 87:48 in 2009)
137 Charlie Wood 86:41 (86:34) (PB)
(Big PB to carry on great form after a90:37 when pregnant last year and 89:01 in 2010.)
150 Matt Galvin 87:24 (87:02) (PB?)
(Probably best distance run since his sub-3 at 2005 London.)
167 Ola Balme 88:07 (88:00) (PB)
(Benefitting from improved endurance due to marathon training, another PB after 89:06 last year and 90:28 in 2010.)
Paul Devine 88:00 approx
(Missed off official result
Chris Loizou 88:30 approx
(another missed off official results. Former Paddock Wood overall winner ran his second slowest ever half-marathon, slowing after quickish start.)
194 Andrea Pickup 90:00 (89:42)
(Took it easier than normal after not at full fitness with strong steady run – 84:54 in 2010, 85:44 in 2004)
249 Mark Foster 92:31 (92:17) (PB?)
(Solid if rare over distance run.)
263 Steve Ackroyd 92:53 (92:35) (PB)
(Improving all the time, 95:35 last year)
267 Neil Daniels 92:56 (92:56)
(Well down on his peak fitness – 78:09 in 2009, but a solid run on current form)
301 Jose Barretta 94:08 (93:49)
(Seemingly had difficulty spelling name and club as not in original DR list but no problem in race as ran steady after 83:20 and 83:56 past two years.)
Jozef Danko 94:10 approx (PB)
(Missed off official results but good steady run well inside PB, nine minutes up on last year's 1:43:13)
309 Ajay Khandelwal 1:34:23 (1:34:03) (PB)
(One of the most notable club runs, around 6 minutes up on recent PB and 8 minutes up on his 1:42:27 from 2010)
314 Laura Stephens 1:34:33 (1:34:13) (PB?)
(Four minutes up on last year as continues improvement.)
332 Ebe Prill 1:35:22 (1:35:03)
(Close to best after missed training through injury.)
339 Melanie Edwards 1:35:38 (1:35:16) (PB)
(Continues improvement – 5 minutes up on last year's 1:40:44 and 2 minutes off Bristol PB.)
346 Duncan Wilson 1:35:49 (1:35:30)
(Easing back to fitness,, 1:28:33 in 2009)
370 Claire Steward 1:36:28 (1:35:51) (PB)
(Though now in W60s this was remarkably a PB after 1:38:25 and 1:37:57 previous two years)
389 Jim Dowsett 1:36:56 (1:36:34) (PB?)
(Three minutes up on recent Hastings run in best club race to date)
402 Susan Cooper 1:37:09 (1:36:32) (PB)
(Though far from at full fitness, well up on last year's 99:32 and set new PB.)
407 Olivier Montfort 1:37:14 (1:36:50) (PB?)
(Possibly PB, 12 minutes up on Badger Half of last year.)
448 Colin Frith 1:38:30 (1:38:11)
(One of club's longest standing members easing back to fitness, who ran 1:30:10 here 5 years ago in last appearance.)
462 Cameron Timmis 1:39:00 (1:38:23) (PB?)
(Well up on last year's 1:41:58 and possibly all time best in best Dulwich run to date.)
490 Graham Laylee 1:39:53 (1:39:34)
(Identical finish time (1:39:53) to last year as maintains

consistent form.)
495 Joanne Shelton 1:40:03 (1:39:26) (PB)
(Continues improvement. Since 2009 she has run 1:54:29, 1:53:46, 1:48:31 and here 8 minutes up on last year and three up on recent Tunbridge Wells PB.)
505 Ameet Patel 1:40:19 (1:40:00) (PB)
(Won Captain's award as ran seven minutes up on last year after 1:47:22 and 1:48:17 the year before.)
621 Christian Moody 1:43:53 (1:43:03) (PB?)
(Good club championships debut)
643 Anna Thomas 1:44:26 (1:43:37) (PB)
(Best club road race to date as set PB.)
664 Bob Bell 1:44:56 (1:44:36)
(Strong run to be two minutes up on last year's 1:47:02.)
681 Jonah Albert 1:45:23 (1:45:01) (PB)
(Another improving run inside target time.)
737 Clare Osborne 1:46:45 (1:46:15 (PB)
(Last two years have been 1:57:04 and 1:55:17 and just under three minutes up on recent Tunbridge Wells PB as improvement continues.)
816 Barrie John Nicholls 1:48:58 (1:48:00)
(While down on Paddock Wood peak ie 1:43:06 in 2004, this was up on recent years with 1:53:35 in 2010.)
64.73
971 Paul Keating 1:52:42 (1:52:11)
(Consistent over recent years with 1:52:09 and 1:48:16 in 2009 and 2010.)
988 Lindsey Annable 1:53:23 (1:52:28)
(First half for some time and ran solid consistent race.)
1112 Steve Wehrle 1:56:29 (1:55:36)
(Well up on recent Tunbridge Wells Half.)
1121 Sue Rowlands 1:56:43 (1:55:50)
(Though not fully fit, close to her best.)
1231 Lloyd Clater 1:59:54 (1:59:01) (PB?
(Well up on recent 2:08 at Tumbridge Wells in first club championship.)
1375 Stephen Street 2:04:20 (2:03:27 (PB?)
(Rare half-marathon just missing out on two hours.)
1542 Marie Burkhart 2:10:35 (2:08:56) (PB?)
(First ever club championship run
Kim Hainsworth dnf - foot problem

BRITISH MASTERS CROSS COUNTRY CHAMPS, BATH, 25 MARCH

These champs were staged slightly later in the season than usual and it seemed rather incongruous to be taking part in cross country in summer like temperatures. The ground was solid as expected and at first sight the course, involving laps of a gently sloping grassy meadow, looked pretty straightforward. However this proved deceptive, as with virtually no flat stretches, we were climbing gradually over almost half the course.

In the first race, in which the women were combined with M65s+, Ros avoided the temptation of blasting the downhill start, and slotted nicely into 3rd W60 place which she maintained, beating rival Margaret Moodie by 15 seconds, and behind the second placed runner by a similar margin, to win an excellent bronze. The race was won with an impressive lead of almost a minute by W45, Lucy Elliott, who competed against Clare Elms in the 1500m at the indoor champs the previous weekend.

There was a frenetic start in the men's race with a lot of jostling for position. The fast pace and long uphills took their toll on me, as I lost a few places to rivals mid race, but maintained my position over the last of the 3 laps. *Mike*

Ros Tabor	24:35	(3rd W60)
Mike Mann	33:40	(9th M60)

South East Intercounty Schools Year Kent v Surrey, Sussex, Hants, Essex 24th March Bexhill-on-Sea 3k

It's not usual to contend with traffic going to the coast on the way to a cross country but in this case, it was definitely a case of ice cream weather. Running for Kent for the first time, Oscar acquitted himself well against tough opposition. Bumping from Hampshire on the start line meant that Kent were squeezed and there were two fallers in the first 20m.

After hurdling one of his team members, Oscar started quickly on the first small lap which was followed by two larger laps on a wooded course with a reasonable incline on each lap. Given the quality of the race, it was not surprising that apart from the first 10, the rest of the field was tightly packed together and in fact, the timers had difficulty recording times to half the field with immediate 15 in front all coming in within an 8 second period.

Content with his and his team's performance, we headed off the beach to have fish, chips and ice cream with 100 other athletes who had the same idea!

63 Oscar Hussey	11.48

83 ran

National Lottery Olympic 5 mile Park Run 01/04

Was lucky enough to get a place in the National Lottery Olympic Park Run (thanks Steve W for sending the link as would have never known about it otherwise). As we all had to wear an event red T shirt not sure if any other Dulwich Runners participated, although I know Claire Steward was in the stands. Unaccustomed as I am to running I foolishly did just about my only other run of the week, the Crystal Palace parkrun in the morning and then waited for Mrs B to return from the gym with effect that we were a bit later than anticipated leaving South London for the Olympic Park.

Luckily it seemed that most had gone through the airport like security before we arrived so got to the start area about 15 minutes before the start. For some unknown reason I was in the first start so amongst the fastest but, owing to getting there a bit later, at the back of that group. The start was outside the stadium and after the warm up routine we were off. There was a pinch point at the start which meant I took 3 minutes to cross the line but once away had a fairly uninterrupted run. It was however busy enough to mean that I was concentrating more on the surrounding runners than the scenery of the Olympic Park.

At about 3 miles I also realised that running in the morning maybe wasn't the best idea, and with a half marathon the next day too! Anyway managed to hang in and entered the stadium ready for a sprint finish which I think was also the idea of everybody else. Having got into the stadium there was a rather boring bit as we ran round a corridor under the stands but then there we were out into the open and onto the track. I've only run on a few tracks but this was definitely the springiest I'd ever experienced and I'm pretty sure that I was under 10 secs for the last 100m (well I wish).

I do now have a medal commerating that I was one of the first to ever cross the olympic finishing line and I've also sat in a stadium seat, which not having got any tickets in the ballot, is probably as good as I'm going to get. All in all a good 5 mile run. Just the matter of another 13.1 miles the following day

Bob Bell 37.34 (watch time)

Marathon Day Dreamer. Pt 3

My final bash!

Had a last minute reprieve from my understanding and lovely wife (yes, since you ask, she does read this column) to allow me to run this race despite it being my daughter's birthday party. In fact, she said, "we won't really notice that you're not here..."

Well, I chose not to over interpret that remark about my perceived (lack of) utility in preparing 100 sandwiches for 25 four year olds and took my chance to head down to PW to test my legs out for one final time and to settle a few scores (Claire Steward overtaking me at Tunbridge, Mel destroying me in Richmond Park, Laura beating me in a Wednesday night training run, the list goes on...).

Aside from all the grudge settling, I was also keen to find out if I could really do what Sue V and Tony T were asking of me, to run a 3.30 marathon. There was only one way to find out – race. I spent a few days before throwing sticks into the garden, playing in sand, reading tarot cards, consulting with the spirits of Dulwich Runners, and listening to Mr Garmin, to come up with the perfect race plan. I realised that I had gone off too fast in both Sidcup and Tunbridge, so I vowed to stick to a 7.20 pace this time around, and then turn on the tap at in the last three miles. So how did it go?

Mile 1 – 5

The weather was a boon, sunny and cool, with a refreshing breeze. Pacing spot on 7.15-20 for the first 5 miles. This was perfect as the course has a few undulations at the start. I chatted to Mel and Laura on this section and Ed Smith from Beckenham Runners. It felt like one big picnic. We all seemed pretty relaxed and I found it surprisingly easy. However, I was a bit surprised because the pace was much faster than my previous 2010 PB of 1.41.42. Nevertheless, I knew that Mel runs a steady pace, and I would be fine as long as I didn't try and overtake her. I knew If I was patient, everything would work out just dandy. Took a gel. Managed to get the man in the stocks with a wet sponge...

Mile 6-10

Laura decided to make a break for it and went about 30 seconds up the road. I was keeping a tab on her, after all I had a grudge to settle, but wasn't overly worried at this point. About mile 8 we bumped into a poorly looking Kim H. She joined us for a few miles. This was going to be interesting, I was meeting people I only read about in the results pages of shorts... About mile nine I was still feeling fresh, so I went away with Ed, running a couple of miles at 7.00. (Mel – payback for Richmond Park...but thanks for the perfect pacing!)

Miles 10 – end.

Ed seemed to drop away, I think he'd had a "heavy" night. I pushed on, eventually running past Laura. (payback for out sprinting me to the club house...) I couldn't believe my luck when I saw Ebe about mile 12. He was clearly shocked to see me, screaming, "I can't believe I am running SO SLOW." I could hear him remonstrating with himself for the next five minutes! (Now I was in bonus territory – I was creating grudges!) I was running at 6.45 pace and I could see Jozef about 15 seconds ahead, being paced by Jose, but I couldn't quite close the gap, even though he was clearly struggling. I ran the last mile at the same pace to come in with a time of 1.34.03 – taking almost six minutes off my recent PB (set at Tunbridge Wells).

Afterwards, I heard the longest excuse in history from Claire Steward who came in a few minutes after...(full house on grudge settling!).

Oh...and "gone to seed" Lloyd didn't even make it to the start line...

I had to leave straight afterwards – but thanks very much to all the Dulwich Runners who were out in force along the course supporting and cheering – it really helped! So, all things considered, this run, which went like a dream, and means that I am much more confident about the marathon, and I'm going to go for 3.29.45. That means Alexie – (final outstanding grudge)....is going to have to pull a 2.45 out of the bag to win our bet (to beat me by 45 minutes). Only 12 days to go now...so really looking forward to it! Alexie...are you there... would you like to say a few words?

Club Championships 2012 after 2 events
The age category championship point scores are attached.

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012

POSITION AFTER 2 EVENTS OF 8 — BEST 4 EVENTS TO COUNT — 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS — EVENTS COMPLETED

	SHORT				LONG					
Name / Championship ca	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul tbc**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Eridge 10m trail 11 Sep**	Events completed	**TOTAL POINTS inc 1 bonus for each event**
WOMEN SENIOR										
Alexie Shaw	49				50				2	**101**
Charlie Wood	50				49				2	**101**
Melanie Edwards	47				47				2	**96**
Laura Stephens	45				48				2	**95**
Sue Cooper	46				46				2	**94**
Joanne Shelton	44				45				2	**91**
Anna Thomas	43				44				2	**89**
Kim Hainsworth	48				-				1	**49**
Carys Morgan	42				-				1	**43**
Michelle Allard	41				-				1	**42**
WOMEN V40										
Ola Balme	49				50				2	**101**
Claire Steward (50+)	45				48				2	**95**
Clare Osborne	43				47				2	**92**
Lindsey Annable	42				46				2	**90**
Clare Elms	50				-				1	**51**
Andrea Pickup					49				1	**50**
Emma Ibell	48				-				1	**49**
Nicola Richmond	47				-				1	**48**
Ros Tabor (50+)	46				-				1	**47**
Sue Rowlands					45				1	**46**
Clare Wyngard (50+)	44				-				1	**45**
Ruki Sidwha	41				-				1	**42**
Stephanie Burchill (50+)	40				-				1	**41**
MEN SENIOR										
Steve Ackroyd	45				43				2	**90**
Jose Barretta	47				41				2	**90**
Jim Dowsett	42				40				2	**84**
Tom Marshall					50				1	**51**
Ben Fairhall	50				-				1	**51**
Wayne Lashley					49				1	**50**
Mike Williams	49								1	**50**
James Godber					48				1	**49**
Edward Hill	48								1	**49**
Chris Broadbent					47				1	**48**
Rupert Nash					46				1	**47**
Alex Elms	46								1	**47**
Matt Galvin	-	-		-	45		-	-	1	**46**
Paul Devine					44				1	**45**
Jozef Danko	44								1	**45**
Oscar Hussey	43								1	**44**
Neil Daniels					42				1	**43**
Olivier Montfort					39				1	**40**
Christian Moody					38				1	**39**
MEN V40										
Charles Lound	50				50				2	**102**
Ajay Khandelwal	45				48				2	**95**
Ebe Prill	46				47				2	**95**
Duncan Wilson	47				46				2	**95**
Cameron Timmis	44				45				2	**91**
Ameet Patel	42				44				2	**88**
Jonah Albert	43				43				2	**88**
Mark Foster					49				1	**50**
Tony Tuohy	49								1	**50**
Mike Fullilove	48	-		-	-		-	-	1	**49**
Paul Keating					42				1	**43**

MEN V50										
Steve Smythe	50				49				2	**101**
Mike Mann (60+)	49				48				2	**99**
Colin Frith	44				46				2	**92**
Graham Laylee	42				45				2	**89**
Bob Bell	43				44				2	**89**
Barrie John Nicholls	39				43				2	**84**
Steve Wehrle (60+)	38				42				2	**82**
Steve Street	37				40				2	**79**
Steve Williams					50				1	**51**
Andy Murray	48								1	**49**
Chris Loizou					47				1	**48**
Gary Sullivan	47								1	**48**
Martin Morley	46								1	**47**
Ian Sesnan	45								1	**46**
Lloyd Clater					41				1	**42**
Mike Dodds	41								1	**42**
Mick Ward	40								1	**41**
John O'Byrne	36								1	**37**
Chris Vernon (60+)	35								1	**36**

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races

Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

For more information contact Steve Wehrle or Claire Steward

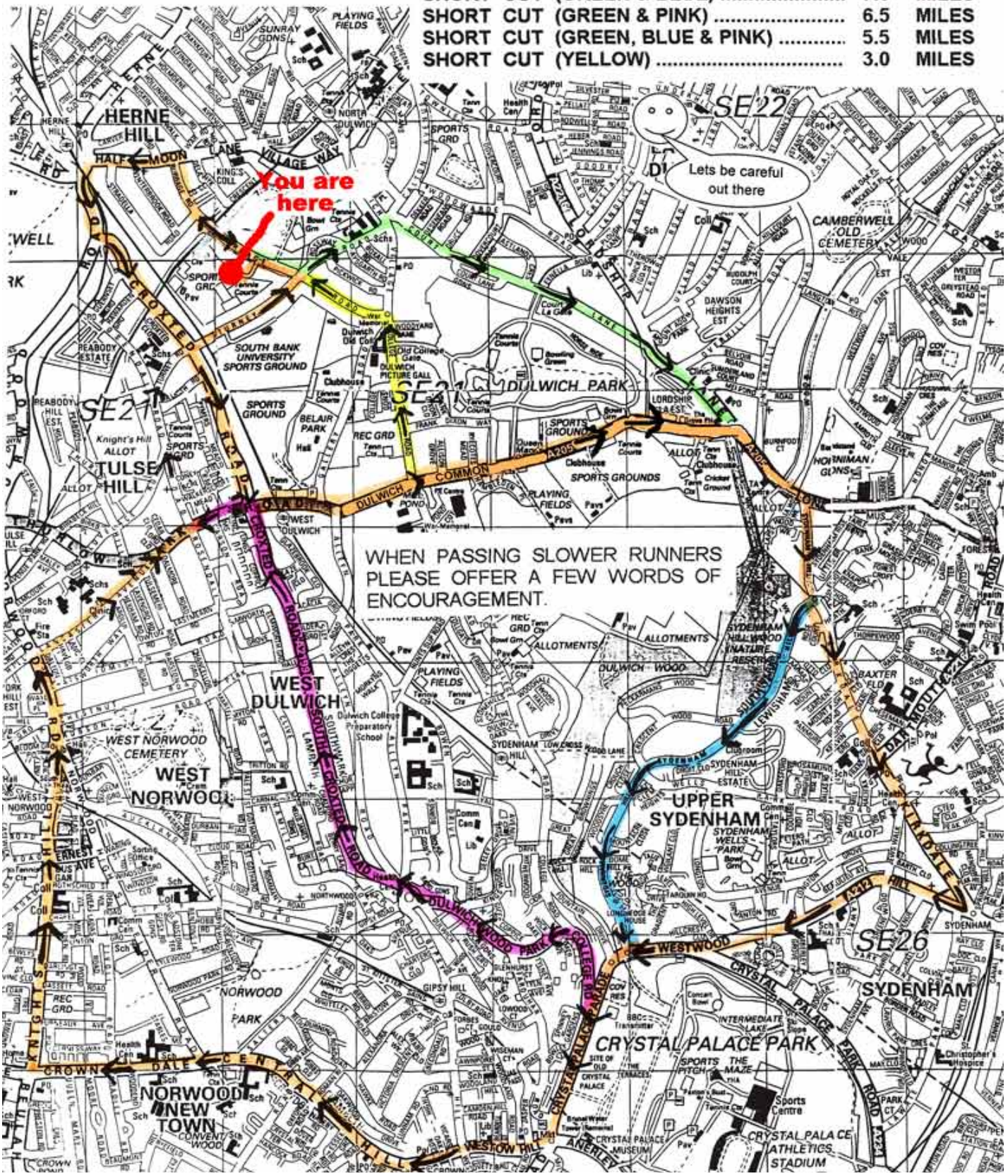
for further information or questions contact steve.wehrle@immediatemedia.co.uk

HI

As it is Easter this weekend and various people are away, there will not be a mile rep session in Dulwich Park.

cheers - **Steve Wehrle**

DULWICH RUNNERS AC
W3

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK OR GREEN)	8.0	MILES
SHORT CUT (GREEN & BLUE)	7.0	MILES
SHORT CUT (GREEN & PINK)	6.5	MILES
SHORT CUT (GREEN, BLUE & PINK)	5.5	MILES
SHORT CUT (YELLOW)	3.0	MILES